



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Option 1	Slow cooked lentils with herbs and spices, served with chapattis (unleavened wholemeal bread).	Black Chana (Chickpeas) masala, served with basmati rice cooked with jeera.	Unleavened wholemeal dough stuffed with a mixture of mashed potatoes and spices <i>Aloo Paratha</i>	Lightly spiced, creamy Punjabi curry made with kidney beans, served with basmati rice. <i>Rajma Sabji</i>	Magherita + Vegetable Pizza served with lightly spiced Potato Wedges.
Hot Main Option 2	Creamy vegetable pasta cooked in lightly spiced tomato sauce, served with crispy Garlic Bread	Vegetable Patty topped with homemade radish and salad, served with skinny fries.	Spaghetti Bolognese cooked in creamy, lightly spiced tomato sauce mixed with vegetarian soya mince.	Homemade Cheese and Mashed Potato Pie served with vegetables and gravy.	
Sandwiches/Wraps	Cheese and Tomato Sandwich	Cheese Salad Wrap	Cheese and Cucumber Sandwich	Cheese Salad Bun	Cheese and Cucumber Sandwiches
Sides	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad
Desserts	Mixture of fresh season fruits served with strawberry yoghurt.	Cake with homemade custard. <i>Can be either Chocolate Cake, Vanilla Cake, Marble Cake etc.</i>	Homemade Strawberry Jelly, served with Crackers.	Homemade Cranberry Flapjacks served with Crackers.	Creamy Mango Fruit Salad <i>Fresh seasoned fruits with mango pulp.</i>



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Option 1	Chickpeas and green moong lentils prepared with lightly aromatic spices and herbs, served with basmati rice. <i>Chana Moongi Daal</i>	Tasty combination of potatoes and carrots cooked with herbs and spices, served with chapattis - unleavened wholemeal bread. <i>Aloo Gajar Ki Sabji with Roti</i>	Lightly spiced creamy masala curry with cottage cheese and peas, served with basmati rice. <i>Matar Paneer with Rice</i>	White Chana (Chickpeas) masala served with Naans – leavened bread.	Magherita + Vegetable Pizza served with crispy Garlic Bread.
Hot Main Option 2	Penne/Fusilli pasta cooked with rich tomato sauce topped with oozy, melting cheese, served with vegetables.	Homely vegetable pie with slow cooked roast potatoes and beans	Crispy oven baked potato fluffed with cheese and beans.	Lightly aromatic spiced Mexican fried rice mixed with vegetarian soya sausage chunkss	
Sandwiches/Wraps	Cheese and Tomato Sandwich	Cheese Salad Wrap	Cheese and Cucumber Wrap	Cheese Salad Bun	Cheese and Cucumber Sandwich
Sides	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad
Desserts	Apple Crumble with Custard	Fresh season fruits and Ice Cream	Delicious sweet milk pudding made with roast vermicelli. <i>Seviya Milk Pudding</i>	Cake and Custard <i>Can be either Chocolate Cake, Vanilla Cake, Marble Cake etc.</i>	Strawberry mousse like sweet desserts served with fresh fruits. <i>Angel Delight</i>



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Option 1	Slow cooked mixed lentils with herbs and spices, served basmati rice cooked with vegetables. <i>Mixed Daal</i>	Potato and Spinach cooked in aromatic spices and herbs served with naans - leavened bread. <i>Aloo Palak with Naans</i>	Slow cooked curry tempered with spices and potatoes, served with basmati rice. <i>Kadhi</i>	Slow cooked lentils with herbs and spices, served chapattis and yoghurt. <i>Daal, Roti + Dehi</i>	Magherita + Vegetable Pizza served with chunky chips.
Hot Main Option 2	Macaroni slow cooked in creamy cheese sauce, served with steamed vegetables. <i>Macaroni Cheese</i>	Sliced Potato and Broccoli baked with lightly spiced creamy cheese sauce. <i>Potato + Broccoli Bake.</i>	Zingy Stir Fry vegetable with a mild, sweet chilli flavour mixed with noodles and soya chunks	Crispy oven baked potato fluffed with cheese and beans.	
Sandwiches/Wraps	Cheese and Tomato Sandwich	Cheese Salad Wrap	Cheese and Cucumber Sandwich	Cheese Salad Bun	Cheese and Cucumber Sandwich
Sides	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad	Mixed Summer Salad
Desserts	Apple and Mango Crumble served with Custard	Delicious sweet milk pudding made with cooked rice. <i>Kheer.</i>	Fresh season fruits served with vanilla ice cream	Cake and Custard <i>Can be either Chocolate Cake, Vanilla Cake, Marble Cake etc.</i>	Homemade strawberry jelly trifle with a layer of creamy custard topped with lightly whipped fresh cream.